

Community Events

Neighborhood watch

Airmen from 27th Security Forces Squadron and officers from Clovis and Portales police departments will initiate Neighborhood Watch programs 11 a.m. to 1 p.m. Saturday at the Clovis 801 Community Center and 11 a.m. to 1 p.m. Sept. 30 at the Portales Community Center.

Members of those communities are invited to attend.

Dental clinic closure

The dental clinic is closed Monday and Tuesday for training. Sick-call hours on those days are 7:30-8 a.m. and 1-1:30 p.m.

For more information, call 784-4041.

Reserve opportunities

An Air Force Reserve recruiting briefing at 9 a.m. and 1 p.m. Tuesday, at the Base Theater, will provide information on Reserve opportunities, with the 482nd Maintenance Group, Homestead Air Reserve Base, Homestead, Fla. The unit seeks an additional 200 maintenance personnel.

Airmen interested in full-time Air Reserve Technician employment must submit a resume through the AFPC Resume Writer Web site when vacancies are posted after Oct. 1. Others interested in traditional reservist positions must submit an AF Form 1288.

For more information visit the 482nd Maintenance Group Positions icon on the right side of the opening web site at www.homestead.afrc.af.mil.

Healthcare meeting

The Community Healthcare Council meets at 11 a.m. Wednesday at the Landing. The council is a forum for the 27th Medical Group to interact with beneficiaries and provide information on medical services, medical group events and health benefits.

For more information, call 784-7972.

Marketing yourself

All Airmen and their spouses are invited to attend The Military Officers Association of America "Marketing Yourself for a Second Career" lecture 9 - 11:30 a.m. Wednesday at The Landing.

The lecture includes information on resumes, cover letters, job search, networking and other relevant and important transition topics.

More Community Events on Page 9



Vol. 51, No. 36

Cannon Air Force Base, N.M.

Sept. 22, 2006

Cannon, AFSOC leaders brief communities on new mission



PHOTO BY STAFF SGT. SCOTT MACKAY

Col. J.D. Clem Air Force Special Operations command deputy director for plans and programs, briefed the Clovis community Monday evening at the Clovis Community College on Cannon's new mission as AFSOC prepares to assume command of Cannon in October 2007.

27th Fighter Wing Public Affairs Office

Cannon and Air Force Special Operations Command leaders held three community meetings this week to garner public input about the move of AFSOC assets to Cannon AFB beginning October 2007.

Col. Valentino Bagnani III, vice commander, 27th Fighter Wing, opened the meetings with the status of the 27th FW, stating that until the transition, the 27th FW will continue "business as usual," supporting the War on Terror.

The meetings are part of the National Environmental Policy Act (NEPA), Environmental Impact Statement (EIS).

Fires breaking out on undeveloped lands, leasing rights, and cattle ranching changes, were major concerns expressed during the meetings. Col. J. D. Clem, AFSOC deputy

director for plans and programs, agreed that these are valid concerns that should be placed in the EIS.

He said the study would address the compatibility of AFSOC assets and the environment. Federal decision makers will have this information available to them before making an informed decision regarding the movement of particular assets.

In addition to the meetings, there are other opportunities for the community to participate. The EIS timeline includes a 45-day public comment period as well as a 30-day waiting period before a final decision is made.

Individual comments or questions can be addressed to:

Mr. Carl T. Hoffman

427 Cody Ave., Ste. 225

Hurlburt Field, FL 32544

Letters should be sent by Oct. 5.

Airman gets a little help from his friends

CFC helps when unexpected happens

By Janet Taylor-Birkey

27th Fighter Wing Public Affairs

Senior Airman Jason McGlawn took a few days in July from his job with the 27 Equipment Maintenance Squadron to go to Arkansas to purchase a new vehicle. He also planned to visit family and spend time with his girlfriend, Clarisa Little, who was within six weeks of giving birth to their child.

Airman McGlawn got much more than a new car and a visit.

Airman McGlawn was seven hours into the return trip home when Clarisa called him. There were complications with the pregnancy and the baby needed to be delivered early. That was the start of when everything seemed to fall apart.

"It hits you when you least

expect," said Airman McGlawn.

His leave was almost over, his cell phone was almost out of juice and his wallet almost out of cash. Sitting in the parking lot of a truck stop and waiting for permission from his supervisors to return to Arkansas was difficult.

"I was sitting at the gas station freaking out. Everything bad that could happen, happened," said Airman McGlawn.

Not only did Airman McGlawn and Ms. Little face the crisis with their baby's early birth, the toll of hotel bills and gas prices combined with the down-payment Airman McGlawn put on his car, left him with a deficit. It was then he found out how much he appreciated the support of the Air Force.

He received an additional 10 days permissive TDY, financial help for hotel rooms, food and gas, and funds for other costs associated with

■ See **HELP FROM FRIENDS**, Page 2



PHOTO BY GREG ALLEN

Senior Airman Jason McGlawn, 27th Equipment Maintenance Squadron, received help from from Friends of Cannon when he faced unexpected bills. Friends of Cannon is one of many non-profit organizations supported by the Combined Federal Campaign, which is conducting a fundraising campaign through Oct. 31.



NEWS

HELP FROM FRIENDS

Continued from Page 1

having to visit the hospital.

Airman McGlawn said he is grateful to Master Sgt. George Childers, 27 EMS first sergeant, for helping so quickly. "Before I could even ask if they could help me out, he was on his cell phone calling Friends of Cannon Families," said Airman McGlawn. "He was all over it."

After making a return trip, Airman McGlawn arrived in time for the birth of four pound, six ounce Alexander Little-McGlawn. The baby's arrival brought a mixture of pride and fear for his mom and dad; little Alex's lungs were not quite developed and there were other issues for a baby born too early. He had to be airlifted to Little Rock, Ark., where he was put in intensive care and on a respirator.

Airman McGlawn's experience taught him many life lessons, especially how important it is to allow other people to help. "Definitely talk to your first sergeant. They'll help you out a lot."

He encourages Airmen not to allow pride to over-rule common sense. "It's not any reason to be embarrassed. Bad things happen to people all the time. They hit you when you least expect it."

Airman McGlawn, known simply as "Daddy" to little Alexander said, "If you come to that point in time and it hits you and there's nothing you can do about it, they [FOCF] are there for you. We [the Air Force] are kind of a family. We do help each other out a lot in times of need."

As for little Alexander, his dad said that he is now up to seven pounds, "crying and definitely has some lungs on him."

The Combined Federal Campaign started in 1961 and is the nation's largest workplace charity drive and the only philanthropic effort permitted by law in the federal workplace. Since its inception, the CFC has raised more than \$5.5 billion.

Last year the CFC raised \$268.5 million in cash, check and payroll deductions.

This year's campaign runs through Oct. 31.



PHOTO BY GREG ALLEN

Staff Sgt. Amanda Striplin, 27th Mission Support Squadron, looks over a Combined Federal Campaign booklet with Staff Sgt. Cynthia Flaherty, 27th Mission Support Squadron Monday. The CFC continues through Oct. 31.

'Universal' ID card part of federal security upgrades

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON - New identification cards to be issued to Defense Department employees beginning next month will help standardize workforce identification and security access systems across the government, a senior Defense Department official said Sept. 15.

The new common access card eventually will be issued to all federal employees and is part of a standardized, secure credentialing system that was mandated after the Sept. 11, 2001, terrorist attacks, said Mary Dixon, deputy director of the Defense Manpower Data Center.

Starting Oct. 27, the new "super CAC" ID cards will be issued to employ-

ees over the next three years as the old cards reach their expiration dates, she said.

The new cards interface with a secure, encrypted credentialing database and are interoperable for personal identification as well as access to federal buildings and facilities, she said.

However, each facility will still determine who is authorized access, Ms. Dixon said. Information embedded on the cards is quickly referenced and compared to centrally stored personnel security clearance data, she said.

"It is an effort to try to improve the security in the federal government," Ms. Dixon explained.

The new cards also help employees secure their computer networks, she said, as well as provide improved secu-

rity for federal buildings, military installations and campuses.

"So, I can use this card, not just in the Department of Defense, but it can be read in other agencies," Ms. Dixon said. "If they choose to give me access, they can then read my card," she said.

The new card features the user's photograph, like other cards now in circulation, Ms. Dixon said. But its computer chip also will contain two encrypted fingerprints, as well as a unique personal identification number.

The new card can be read, either by swiping it or by waving it near a special card reader, she said.

Issuance of the new card has the potential of reducing the number of agency security badges, Ms. Dixon said, because federal agencies will refer to a standardized credentialing system.

However, agency security administrators still have the authority to approve or deny access.

"The card, on its own, does not entitle you to any access to anything," Ms. Dixon explained. "It is an authentication token."

"Every time you use the card, it is authenticated, meaning somebody checks to make sure that that card is a 'good' card issued in the Department of Defense to you, and that it is still valid," Ms. Dixon said.

As always, employees who believe their government-issued ID card has been lost or stolen are required to notify security administrators, Ms. Dixon said, who then deactivate the card.

This ensures that cards reported stolen or missing can't be used in DoD, she said.



News

Selective Early Retirement Board to meet in January

Courtesy of Air Force Personnel Center News Service

RANDOLPH AIR FORCE BASE, Texas – In an effort to shape the force to support core and emerging missions, Air Force officials will convene a Selective Early Retirement Board Jan. 8 to balance the excess of officers in the colonel and lieutenant colonel ranks.

The SERB will evaluate line of the Air Force and chaplain colonels and lieutenant colonels who meet the following criteria: Colonels with four years time in grade and lieutenant colonels who have been non-selected for promotion to colonel at least twice will be considered by the board for early retirement. Judge advocates will not meet the board.

The 2007A SERB is scheduled to convene at the Air Force Personnel Center. Officers selected by the SERB for early retirement must apply for a voluntary

retirement date of no later than Sept. 1, 2007.

Senior raters will write retention recommendation forms, or RRFs, on their eligible officers to provide retain or retire recommendations. The officer's senior rater is determined based on the unit the officer is assigned to by Sept. 15. SERB-eligible officers should receive a copy of the RRF no later than 30 days before the board. They are responsible to ensure the accuracy of the RRF, performance reports, decorations, and the data on their pre-selection brief prior to the board date.

To preclude SERB consideration, SERB-eligible officers must submit a retirement application and have it approved by Jan. 1. Officers should submit their applications by Dec. 15 to ensure approval by the deadline. The requested retirement date must be on or before Sept. 1, 2007.

Officers with an approved voluntary retirement, those already selected for promotion or scheduled for mandatory retirement in fiscal 2007 or 2008 will not meet the board.

By law, the Air Force may select up to 30 percent of the eligible officers in each grade and competitive category for early retirement. The SERB will closely mirror the central selection board process for promotions and will consider the member's decorations, RRF, training and performance reports, and officer selection brief.

For more information about the SERB and volunteer separation opportunities, visit the AFPC Web site at www.afpc.randolph.af.mil/retsep/forceshaping/CURRENT/SERB07.htm or call the Air Force Contact Center at (800)-616-3775.

5-A-Day month good time to develop healthier eating habits

By Tech. Sgt.
Alonzo Cromwell
Health and Wellness Center

September is National 5-A-Day month and is an excellent time to develop healthy nutritional habits before the holidays.

What does 5-a-day mean? It means eating a combination of three cups of vegetables and two pieces of fruit every day for a healthier and happier life.

According to the Center for Disease Control and Prevention, some of the health benefits from consuming fruits result in:

- lower blood pressure
- healthier weight
- diabetes control
- more energy and alertness, and
- a longer lifespan.

To achieve those goals, have a piece of fruit with that bowl of cereal in the morning.

For a morning snack eat a fruit such as a banana.

If you eat a sandwich for lunch, eat lean cuts of turkey, ham or roast beef. Use mustard or ketchup instead of mayonnaise to cut down on the fat amount.

Include a salad with toma-

atoes, onions, green peppers or a garden salad with your sandwich. Go easy on the dressing.

Have some carrot sticks or a cup of yogurt between lunch and dinner.

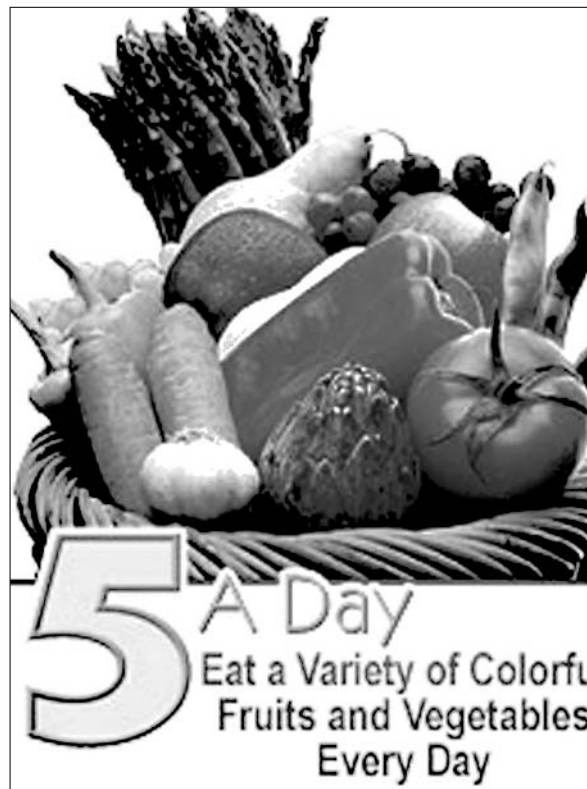
For dinner, include one cup of vegetables with your meal.

If you're not used to eating fruits and vegetables, gradually add these to the foods you consume daily.

Put extra carrots, green peppers and various fruits in your salad instead of just eating lettuce and cucumbers.

Place canned fruits and vegetables in your desk drawer for snacks.

These are only a few ways to live more healthily. It doesn't matter what fruits or vegetables are selected as long as they are varied.



According to the 5-A-Day Web site, the health benefits of consuming three cups of vegetables and two pieces of fruit a day will last a lifetime.

For further information about nutrition or Health and Wellness Center programs, call 784-1004.

For more 5-a-day information, visit the Web site at: www.5aday.nci.nih.gov.

Cannon Reserve recruiter makes fiscal year goals

By Janet Taylor-Birkey
27th FW Public Affairs

Tech. Sgt. James Ring, a three year in-service Air Force recruiter stationed at Cannon, has not only met his yearly goal in recruiting, but has exceeded it. Sergeant Ring will have reached 112 percent of his goal by the end of September, the end of the recruiting year.

All Airmen separating from active-duty must make a stop at Sergeant Ring's office to talk about their options and what the Air Force Reserve can do for them.

Airmen sometimes find themselves in a position of deciding whether to stay in the Air Force or separate. For those wanting the benefits of the active-duty life, without the day-to-day military operations, they may find the Reserves to be a great option.

"It's different for everyone. Some people...you can't change their mind at all," said Sergeant Ring, adding that others may want tuition assistance, a bonus or a change in jobs. "It may be the thing that tips the scale."

Though the pay is less than active-duty, reservists are eligible for many of the same benefits as when they separated. Use of all base recreation facilities, tax free on-base shopping privileges and low-cost insurance are just a few of the benefits offered to those in the Reserves, according to www.afreserve.com.

Prior-duty reservists usually retain rank from active duty and may be eligible for job training. As with active duty, there are a variety of educational opportunities, along with the monthly paycheck.

To find out more about the Air Force Reserves, call Sergeant James Ring at 784-6057, or e-mail him at james.ring@cannon.af.mil.



COMMENTARY

Sweat the small stuff – it will set you apart

By Maj. Kevin Walker

736th Security Forces Squadron commander

ANDERSEN AIR FORCE BASE, Guam – At some time in our life we have all been told, “Don’t sweat the small stuff.”

I would argue, instead, that we should “sweat the small stuff.” It’s the small stuff that can set us apart from others.

Regardless of the reasons we voluntarily raised our hands to join, the overwhelming majority of today’s Airmen care a great deal about the Air Force and are passionate about their jobs and career fields. With that passion comes the drive to excel and the pride that is felt from a job well done.

But don’t let that passion or pride drive them all the way through their objective.

Too many people have their eyes set on large targets, but miss the small ones. Though large targets are important, it’s the small ones that add up.

A commander told me the difference between a good unit and a great unit is the attention to detail. He couldn’t have been more right.

Think of it like this. You arrive to a new assignment and someone meets you at the airport. They may have had a vehicle waiting for you, and they may have even driven you to your hotel or on-base

lodging.

While there is nothing wrong with that welcome, attention to the small details would really have made an impact.

Suppose that same sponsor met you at the airport with a welcome package, knew not only your name, but the name of your family members and pets, took you to pick up your rental car, gave you a quick tour of the surrounding area and drove you to your room.

Those are the little details that delineate a good sponsor program with a great sponsor program. Just those little details tell newly arrived Airmen that the unit they are now assigned to is squared away and ready for them.

Another example could be a unit’s physical training program.

Suppose your unit’s PT program is conducted on Mondays, Wednesdays and Fridays. Stretching is left to you. You run as far or as fast as you feel is necessary, and then get with everybody for cool-down stretches.

Consider that same program where you fall in formation with others to stretch, you wear the Air Force PT uniform as does everybody else, you participate together in calisthenics, run a specific distance at a specific pace together, and conduct cool-down

stretches together as well.

While both may be effective PT programs, the details of the second program easily sets it apart as a great PT program because it adds the element of camaraderie. When good programs become great programs, high standards are set.

The next thing you know, the squadron transforms from a good squadron to a great squadron.

Small things not only can set a good unit apart from a great unit, and they save lives.

The attention to detail that comes with “sweating the small stuff” helps maintainers ensure their tools are properly secured before the aircraft engines turn; helps engineers ensure the electrical box is locked out before wires are cut, and helps trainers ensure the latest information is taught

Practicing, demanding and enforcing attention to detail does not mean someone has an obsessive-compulsive behavior; it means they care about the jobs they and their Airmen do. It means having passion and pride not only to do what is right, but to go that extra mile to make sure their task, their unit, their wing and their Air Force are squared away.

Sweat the small stuff and the small stuff will set you apart.

By Chief Master Sgt. Bruce Blodgett

436th Airlift Wing command chief

‘Yes’ is a hard word to say

DOVER AIR FORCE BASE, Del. – The toughest word to say in the English language is “yes”.

Everyone thinks you are tough and gruff if you say no, but when you say no you are not committed to do anything.

When you say yes, you are committed to write a paper, fly a mission, give a speech or chair a committee. People and organizations have a tendency to say no all the time. It’s simply easier that way.

However, leaders must teach their Airmen how to say yes. Encourage them to step up to the leadership challenge and find ways to make things happen.

We are constantly being challenged in our Air Force. We hear terms such as Air Force Smart Operations for the Twenty-First Century, Force Shaping, operations and personnel tempo, Global War on Terror; in-lieu-of Army taskings, drawdown of the forces, and do more with less.

We initially may think it can’t all be done. Our first thought may be to

quickly say no because that is the easy way. We must, however, find ways to “lean” our processes, cut waste and increase our productive time. We must say yes and be committed to change.

Change is as much a part of our organization as is the sun rising – count on it! Do not fear it, embrace it. It is here to stay.

True leaders do not shy away from change, but say yes to its challenges, and teach their Airmen also to say yes.

On the battlefield of change, will you carry the wounded or be left behind with the stragglers?

MACH METER

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News articles, local notes and other items for the *MACH METER* should be brought to the 27th Fighter Wing Public Affairs Office, 110 E Sextant Ave. Suite 1099, or e-mailed to the Mach Meter at

27fwmachmeter@cannon.af.mil.

All submissions will be considered for publication based on news value and timeliness.

Every article and photograph will be edited for accuracy, clarity and brevity, conformance with the Associated Press Stylebook and Libel Manual and with Air Force Instruction 35-101. Coverage of upcoming events should be arranged in advance by calling the Public Affairs office at 784-4131.

If you have a suggestion you would like to make, or a kudo you’d like to give, call the **ACTION LINE at 784-2722** — If you have a problem you need resolved, call the responsible agency first so they can provide better service to everyone promptly.

Deadline for submitting articles is noon Thursday the week prior to publication. Deadline for free classified advertisements is noon the Tuesday prior to publication.

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By the numbers – your Air Force

Courtesy of Air Force Personnel Center News Service

RANDOLPH AIR FORCE BASE, Texas – Air Force Personnel Center officials published the quarterly demographics report offering a snapshot of the service’s active-duty as of Aug. 31.

Statistics are rounded to the nearest tenth.

Active-Duty Demographics

– 346,166 individuals are on active duty – 71,691 officers and 274,475 enlisted Airmen.

– The Air Force has 13,698 pilots, 4,480 navigators, 1,367 air battle managers and 35,582 nonrated line officers in the grades of lieutenant colonel and below.

Age

– The average age of the officer force is 35; for enlisted Airmen it’s 29.

Sex

– There are 68,146 women in the Air Force, which is 19.7 percent of the force – 18.4 percent of officers and 20 percent of enlisted Airmen.

– 60.6 percent of the female officers are line officers and 39.4 percent are nonline; 85.6 percent of male officers are line officers and 14.4 percent are nonline.

– Women first entered pilot training in 1976, navigator training in 1977 and fighter pilot training in 1993. Currently there are 608 (4.1 percent) female pilots and 234 (4.8 percent) female navigators.

Race

The following percentages cover self-reported racial information:

- 0.6 percent are American Indian or native Alaskan.
- 2.3 percent are Asian.
- 14.8 percent are black or African American.
- 0.8 percent are native Hawaiian or other Pacific Islander.
- 74.4 percent are white.
- 1.4 percent is of more than one of the categories.
- 5.7 percent declined to respond.

Ethnicity

“Hispanic or Latino” is now considered an ethnic, not a racial, category that is registered separately and in addition to the above racial categories.

- 8.8 percent are “Hispanic/Latino.”
- 88.1 percent “not Hispanic/Latino.”
- 3 percent declined to respond.

Marital Status

– 60.6 percent of the current force is married, which is 71.4 percent of officers and 57.8 percent of enlisted Airmen. There are 19,580 couples in the Air Force with both spouses in the military; 1,363 of these are married to members of other military services.

Family Members

– Active duty members supported 526,631 family members; 425,240 family members reside in an Airman’s household.

Overseas

– 21.3 percent of Airmen are assigned overseas (including Alaska and Hawaii) – 10,719 officers and 62,948 enlisted Airmen.

More information can be found at the center’s analysis branch Web site at www.afpc.randolph.af.mil/demographics/.



Energy-Saving Tip of the Week

When buying light bulbs, try to buy the one that provides the most “lumens” for the least “watts.” Watts is the amount of electricity going into a light bulb. Lumens is the measure of light output. While a standard incandescent light bulb produces about 10 lumens per watt, compact fluorescent light bulbs produce about 50 lumens per watt!



FEATURE

Stateside spouse stays busy volunteering

By Janet Taylor-Birkey
27th Fighter Wing Public Affairs

Gidget Sanders is a stateside spouse who has been left behind for four deployments in just three and half years of being married to Senior Airman Nicholas Sander, 27th Equipment Maintenance Squadron, currently deployed to Balad, Iraq.

Like many spouses, Mrs. Sanders said coming home to an empty house is one of the most difficult things for her. "It's still hard when you have kids, but at least you have someone there with you," she said. "I have two dogs and a rabbit, but they don't speak English!"

Mrs. Sanders would not call deployments easy, but she has found ways to make them not only bearable but meaningful.

"I try to look at the positive in everything," Mrs. Sanders said. "I hate him being gone ... but I have more time to volun-

teer. I like to get out there with the community." Besides volunteer work, Mrs. Sanders fills her hours with her job as Protestant Education Director at the base chapel and her hobby of working with stained glass. She said spending time with friends and getting ready to enroll in college are ways she uses to make time pass productively.

"Don't coop yourself up in the house," she said. "It's a good time to make new friends, it's a good time to get yourself out in the community and say, 'Here I am to help.' Get involved."

Mrs. Sanders doesn't recall any humorous stories while her husband has been deployed, but because she follows her own advice to get out of the house, she received a gift when she least expected it.

Mrs. Sanders said she knew she had more family in Clovis, but after being at Cannon for three and a half years and not meeting them, she had given up on the idea. "[Nicholas] was gone

and I went out with some girls. I actually wound up meeting my half-sister who I had never met before. From there, I found out I have three brothers."

Although she knows not everyone will have such a dramatic story and may struggle with their spouse being gone, she said there are many things on base to help with the loneliness and finding support. She also encourages stay-at-home moms of children up to five years old to get involved in the chapel's new playgroup, meeting 9 to 11 a.m. starting Oct. 5. For more information about the playgroup, call 784-2507.

Another idea Mrs. Sanders champions is the Cannon Air Force wives group on www.myspace.com. To move outside of the cyberspace realm, spouses also meet at Unity Park on Tuesdays. "It's a good way to network," said Mrs. Sanders.

For more information about the park outings, call Mrs. Sanders at 693-1368.



PHOTO BY GREG ALLEN

Ginger Sanders spends time volunteering while her husband, Nicholas Sanders, 27th Equipment Maintenance Squadron is deployed.

Program helps families deal with separation

By Staff Sgt. Julie Weckerlein
Air Force News Service

WASHINGTON – Studying her family's checkbook, military spouse Desiree Currie of Richmond, Va., faced a dilemma.

Her husband had just left for Iraq with the Virginia Air National Guard, leaving behind a second job that paid for their daughter's dance classes. Without the extra money, there could be no extracurricular activities.

Yet she didn't have the heart to tell 7-year-old Kayla "Kayla just loves to dance," Mrs. Currie said of her daughter, who takes both baton and hip-hop lessons. "It didn't seem fair to have Daddy go away, and then her dance classes, too."

Fortunately, Mrs. Currie soon received e-mail from her husband's unit family coordinator, directing her to Our Military Kids, Inc., a McClean, Va.-based nonprofit organization that provides grants to children like Kayla.

"It was so easy to do," Mrs. Currie said. "I filled out the form and sent them a pamphlet about the dance classes."

Within days, the grant for Kayla was approved, and she received a patch and certificate in the mail, thanking her for her sacrifices as a military child.

"Kayla loves that certificate," Mrs. Currie said. "It's hanging up in her room. She's the only kid in her class with a parent in the military, and it really made her feel special to be recognized like that."

With money from state and private donors, the program sponsors extracurricular events for children (kindergarten to 12th grade) of Guard and Reserve servicemembers across the country. Like the Curries, many Guard and Reserve families live far away from military installations where family support and youth programs are routinely offered for free to military families.

Yet, Guard and Reserve families must also live off a military paycheck while the servicemember is deployed, a hardship as most leave behind second, or higher-paying, civilian jobs.

"Deployments are always stressful," said Michelle Nelson, director of family programs and community relations for Our Military Kids, Inc. She knows from experience - her own husband recently returned from Afghanistan with the Virginia National Guard. "I think it's even more so for the children, because usually they have to give up so much of their routine - and children need routine."

Ms. Nelson said it's cases like Kayla's that inspire her work as director of family programs and community relations for the program. She pointed out another

case of one little girl, also named Kayla, who struggled in school after her father deployed.

"Her mother was very surprised to learn Kayla was going to be held back from the second grade," said Mrs. Nelson. "So, through Our Military Kids, she was able to find Kayla a tutor during the summer and bring her up to speed so she was able to go onto the second grade with her friends."

Mrs. Nelson said she hopes more families take advantage of the program, especially since it's so easy to apply.

"We do get some people who are apprehensive about asking for help," she said. "But this is, more than anything, a recognition program. We do understand the sacrifices these families and children are making, and we know that happy kids make for happy spouses make for happy servicemembers. It goes full circle."

Mrs. Currie said the program has been a huge boost for her entire family.

"Kayla's dad and I are happy she's able to keep dancing," she said. "And since her dad wasn't at her dance recital, she's working very hard to be able to show him what she's learned while he's been gone. It's something she looks forward to sharing with him."



Eagle Eyes: Watch, report, protect

Courtesy of the Air Force Office of Special Investigations, Detachment 224

Do your part to stop terrorism.

The first step is knowing what to look for. Always keep an eagle eye out for these suspicious behaviors:

Surveillance — Someone recording or monitoring activities, including the use of still or video cameras, note taking, drawing diagrams, writing on maps or using binoculars or any other vision-enhancing device.

Elicitation — Anyone or any organization attempting to gain information by mail, fax, telephone or in person about military operations or people.

Tests of security — Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures.

Acquiring supplies — Purchasing or stealing explosives, weapons, ammunition, uniforms, decals, flight manuals, passes or badges, the equipment used to manufacture them or any other controlled items.

Suspicious persons out of place

— People who do not seem to belong in the workplace, neighborhood, business establishment or anywhere else. This also includes suspicious border crossings, stowaways aboard ships or people jumping ship in port.

Dry run — Putting people into position and moving them about without actually committing a terrorist act, such as kidnapping or bombing. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

Deploying assets — People and supplies getting into position to commit the act. This is the last opportunity to alert authorities before the terrorism occurs.

Remember, any suspicious activity, whether it be downtown or on base, needs to be reported to the Eagle Eyes hotline/security forces duty desk at 784-4111 or the Cannon Office of Special Investigations at 784-2511.

For more information, visit the Web site at www.dtic.mil/afosi.



At the Movies

The Cannon Movie Theater is located on the corner of Torch and D.L. Ingram.
Movie prices are \$3.50 for adults, \$1.75 for children and \$1 for all viewers on Thursdays.

Snakes On A Plane

Tonight and Saturday at 7 p.m.

Description: A ruthless assassin unleashes a crate full of lethal snakes aboard a packed passenger jet over the Pacific Ocean in order to eliminate a witness in protective custody. The rookie pilot and frightened passengers must band together to survive.

R - language, a scene of sexuality and drug use, and intense sequences of terror and violence.

Running time: 106 min.

The Descent

Saturday and Sunday at 4 p.m.

Description: One year after a tragic accident, six friends reunite for a caving expedition. Their adventure soon goes horribly wrong when a collapse traps them deep underground and they find themselves pursued by bloodthirsty creatures. As their friendships deteriorate, they find themselves in a desperate struggle to survive the creatures and each other.

R - strong violence, gore and language

Running time: 99 min.

Step Up

Sunday at 7 p.m.

Description: Everyone deserves a chance to follow their dreams, but some people only get one shot. Tyler is a rebel from the wrong side of Baltimore's tracks – and the only thing that stands between him and an unfulfilled life are his dreams of one day making it out of there. Nora is a privileged ballet dancer attending Baltimore's ultra-elite Maryland School of the Arts – and the only thing standing in the way of her obviously brilliant future is finding a great dance partner for her senior showcase.

PG-13 - thematic elements, brief violence and innuendo

Running time: 103 min.

CANNON AIR FORCE BASE CHAPEL

Chapel services

CATHOLIC

Sunday Mass 9:30 a.m. and 5 p.m.

Weekday Mass 12:05 p.m.

M,W,F

Religious Education (grades K-6)

10:35-11:35 a.m. Sunday

LifeTeen youth ministry (grades 7-12)

6 p.m. Sunday

PROTESTANT

Traditional 8 a.m.

Contemporary 11 a.m.

Inspirational 12:30 p.m.

Sunday School 9:15-10a.m.

For more information about other programs or other faith groups, call the chapel office at 784-2507.



COMMUNITY EVENTS



PHOTO BY GREG ALLEN

Pet of the Week

This young female blue healer mix is available for adoption. For information on her or other available pets, call the Airman and Family Readiness Flight at 784-4228.

■ Continued from page 1

For more information, call Ellen Saccoia-Smith at 784-4228.

Allergy clinic resumes services

The Allergy Clinic resumes services on Wednesday. Hours will be 1 to 4 p.m. Wednesday afternoons by appointment only.

Services include allergy evaluations, allergy skin testing and immunotherapy vaccines. A referral from a primary care manager is required.

Allergy shots are given on a walk-in basis 7:30-11:30 a.m. and 1-4 p.m. Mondays, Wednesdays and Fridays except holidays and official closure days.

To schedule an appointment through the primary care managers, call 784-2778. For information about allergy shots, call 784-4040.

Questions answered

A Blue Cross/Blue Shield representative will be at Cannon 2-3 p.m. Thursday at Bldg. 600 to answer insurance questions and address concerns on a first-come, first-served basis.

For more information, call 784-4846.

Veterans Integration Center

The Airman and Family Readiness Center is accepting personal care items throughout September for the New Mexico Veterans Integration Center.

The center needs soap, shampoo, deodorant, razors, shaving cream, combs, brushes and socks. They also need twin-sized sheets in good shape.

For more information, call 784-4228.

DRMO closure

The Defense Reutilization and Marketing Office is closed Monday and Tuesday. It will reopen Oct. 2.

For more information, call 784-2437.



FEATURE

When boots hit the ground

Air Mobility unit uses team effort to move troops

Story and photos by **Master Sgt. Scott Wagers**
U.S. Central Command Air Forces Forward News Team



Minutes after landing in Southwest Asia on Sunday, Staff Sgt. Tony Alba joins 30 other volunteer passengers Sept. 17 in removing luggage from the cargo hull of a commercial DC-10 airliner. Sergeant Alba is a personnelist from Fairchild Air Force Base, Wash.

SOUTHWEST ASIA – To move 35,000 troops in and out of Southwest Asia each month, Airmen and fellow servicemembers are called to action as soon as the crew door opens upon landing.

“What separates us from all other air terminals is that here, passengers become troops as soon as the plane lands,” said Maj. Charlene Purtee, 8th Expeditionary Air Mobility Squadron

director of operations.

“With limited manpower and high ops tempo, we have no choice but to call upon passengers for help,” the major said.

That help comes from an all-volunteer 30-member baggage detail organized by aerial transporter, Master Sgt. Eric Gadow, who uses the plane's intercom to rally the travel-weary, and some-

times reluctant, passengers.

As Airmen hear Sergeant Gadow's call for volunteers, they are simultaneously taking in their first, thick, saucy waft of hot desert air. Those sitting closest to the door begin looking at each other as if trying to wish themselves invisible.

“If I don't get my 30 volunteers on the first call, I inform the plane that my next call will be for all E-1 through E-3s – and that usually gets 'em,” Sergeant Gadow said.

As volunteers assemble on the tarmac, desert camouflage uniform blouses are removed and cold bottles of water are handed out along with leather gloves, ear protection and reflective belts.

As the baggage detail is led to the cargo hull of the plane to begin off loading the bags, the remaining passengers are led to a temperature-controlled tent where they receive their indoctrination brief.

Unbeknownst to those who didn't volunteer for the baggage detail – at the end of their briefing, they will unload the same baggage arriving from the plane in 30-foot trailers. In the end, everyone manifested on the plane is involved in the baggage handling process.

To some passengers, like Staff Sgt. Vickie Sennet, a personnelist from Creech Air Force Base, Nev., who is starting her third desert deployment, the baggage handling detail came as no surprise.

“Having done this before, I pretty much knew what to expect – so everything has gone smoothly this deployment,” said Sergeant Sennet, a veteran of deployments to Afghanistan and Pakistan.

Her advice to those deploying for the first time: Always look, listen and follow the more experienced members. They will always steer you in the right direction and help you maintain the proper mindset.

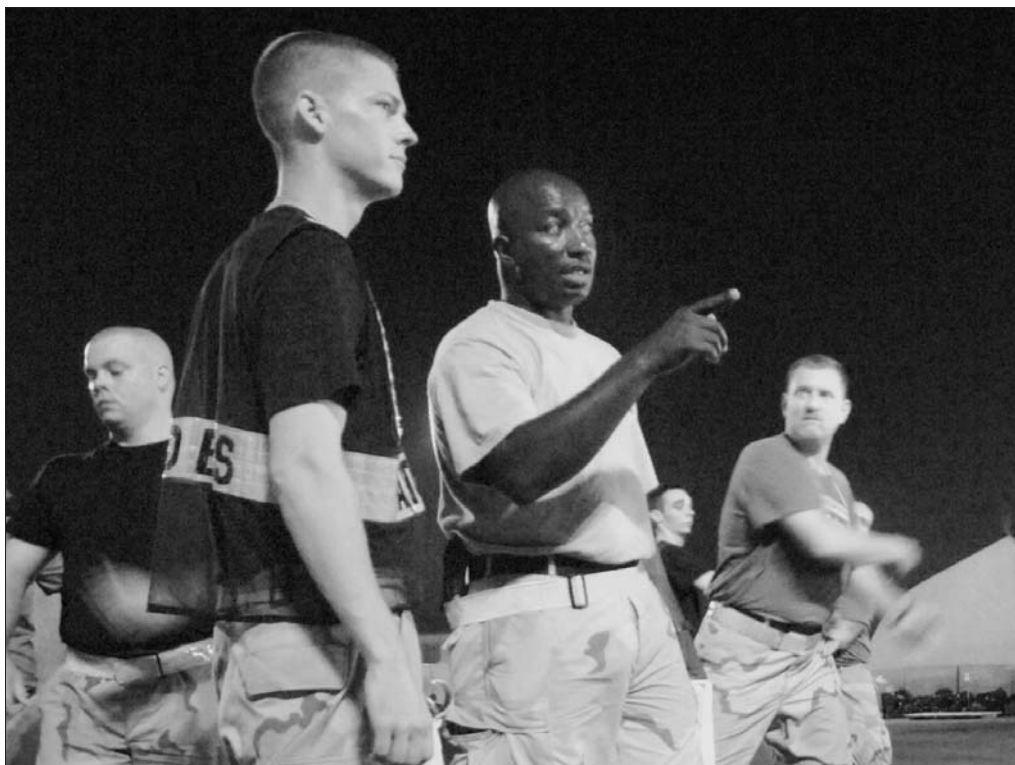
Moving troops throughout the area of responsibility is not only dependent on the right attitudes and actions, but it requires hard work and motivation of nearly 300 people at the base's reception team.

During his first week on the job, aerial porter Tech. Sgt. Ben David said hearing the emotional testimonies of medical personnel returning home from downrange made him aware of how critical his role is in keeping things flowing.

“These folks had seen some wild stuff,” said the sergeant from Hill AFB, Utah. “It suddenly dawned on me how important it is to quickly move people.”

Sergeant David and his fellow 8th Expeditionary Air Mobility Squadron team members work 12-hour days, seven days a week, with no days off during peak rotation schedules.

“If newly arrived members think they're being treated unfairly by being asked to move their own luggage, they need to consider how hard our base's reception team works to keep personnel flowing,” Major Purtee said.



While newly arrived servicemembers unload luggage from a commercial DC-10 airliner in Southwest Asia Sunday, Tech. Sgt. Lonnie Coleman gives on-the-job training to Tech. Sgt. Ben Davis who will serve as his replacement for the next deployment rotation.



FEATURE

Lights, camera, action

27th CMS Airmen put procedure to video for Air Force-wide viewing

Story and photo by
2nd Lt. Courtney Bullock
27th Component Maintenance Squadron

Across the Air Force, Airmen are required to stay up to date on the latest procedures and techniques related to their jobs.

Soon, a new training video starring a group of Cannon Airmen will provide guidance and instruction on a new jet engine maintenance installation procedure that involves the low pressure turbine (LPT) of the GE F110-100 and GE F110-129 engines.

Traditionally, this part is installed using only a hoist and skilled technicians. Engineers at General Electric sought to modify this procedure to decrease the possibility of damage to the number four bearing

After months of diagramming, planning, and testing, GE sought an operational facility for the validation/verification testing of their new installation procedure. Cannon's 27th Component Maintenance Squadron's Propulsion Flight was selected by Air Combat Command for just that task.

Filming began Sept. 13 and continued through the following evening. The result was an installed LPT and enough footage for a comprehensive and informative training video.

Tech. Sgt. Jayde Ragains, Staff Sergeants Carlos Lucero and Eddie Flores, Airmen 1st Class Keith Deering and James Mendrop, and Airman Jamie Camp were members of the installation crew that enabled the testing of this new procedure.

As members of the installation crew, these Airmen were not only responsible for understanding and applying new technical data but were also looked to by the GE engineers to provide inputs for modifications to the procedure and technical data.

"These troops were instrumental in the success of this visit. Without their hard work and invaluable inputs a true understanding of the applicability of this new procedure would be impossible," said Don McKenzie, GE aviation representative.

The DVD will be distributed throughout the GE and Air Force communities.



Airman 1st Class James Mendrop and Airman Jamie Camp make sure proper installation procedures are followed before continuing with further maintenance. The two Airmen were members of a 27th Component Maintenance Squadron team to test new installation procedures that involve the low pressure turbine of the GE F110-100 and GE F110-129 engines. The process was filmed for DVD distribution to Air Force maintainers.

B-52 successfully tests alternative jet engine fuel

By Staff Sgt. Mark Woodbury
95th Air Base Wing Public Affairs

EDWARDS AIR FORCE BASE, Calif. – The Air Force accomplished another aviation first when a B-52 Stratofortress flew using an alternative fuel Sept. 19.

The flight test involved running two of the bomber's engines on a synthetic fuel, made from a 50-50 blend of traditional crude oil-based fuel and a Fischer-Tropsch fuel derived from natural gas. The jet's other six engines ran on traditional JP-8 jet fuel.

"This test sets the stage for a more comprehensive plan the Air Force has toward conservation," he said. "This test fits into this overall vision and is the first step in a long process for looking at the viability of alternative fuels."

Maj. Gen. Curtis Bedke, Air Force Flight Test Center commander at the sprawling base, said, the fuel is one of many the Air Force is looking into.

"This test is aiding in creating options and alternatives to our current fuel," the general said.

Dr. Segal said the engines running on the synthetic fuel performed as well as the others. But he is still waiting for test analysis and the final test results.



PHOTO BY CHAD BELLAY

A B-52 Stratofortress takes off during a Fischer-Tropsch test flight from Edwards Air Force Base, Calif., on Tuesday. During the flight, two of the aircraft's eight engines ran on the natural gas-based Fischer-Tropsch fuel blend. The bombers are from the 5th Bomb Wing at Minot Air Force Base, N.D.

If the test is successful, the next step will be to use the alternative fuel to perform an eight-engine test in a few months, General Bedke said.

Before the manned flight, the center tested the fuel to see how it reacted to aircraft parts. The fuel ran a T-63 engine during 130 hours of fuel testing. One of the engines was then taken off the B-52 and sent to Tinker Air Force Base, Okla., where it went through a 50-hour continuous alternative fuel run.

The engines were reinstalled into the bomber and ground tested before the test flight.

After going through the testing here, the alternative fuel left in the bomber's fuel tanks is scheduled to undergo cold-weather testing in January or February.

Although the Fischer-Tropsch fuel demonstration flight was successfully completed, it was cut short due to a mechanical issue with the B-52's left wing-tip landing gear, which was unrelated to the alternative fuel test. The aircraft landed safely without incident.



Coming to America

Airman embraces challenges, opportunities of new home

Story and photo
By Janet Taylor-Birkey
27th Fighter Wing Public Affairs

In 1981, the Maldonado family, made of a mother and father and five children migrated to the Ft. Hancock, Texas area from Chihuahua, Mexico. Their's is a story of sacrifice on every family member's behalf, but held together by the promise of good things to come.

"It was my father's idea," said Tech. Sgt. Marisol (Maldonado) Lozada, 27 Medical Operations Squadron. "My father wanted to bring us to the states to give us a better chance to succeed."

Her father continued working for the next four years in a bank in Mexico, while her mother found work in a local cafeteria.

As the fourth of five children, Marisol Maldonado was a nine year old, brown eyed-little girl in the fourth grade who knew only Spanish in an English speaking world.

"At the time, we were not allowed to speak Spanish in the classroom. That was before they integrated the bi-lingual," said Sergeant Lozada. "You spoke English, or you were not allowed to speak. The first sentence I learned how to say was, 'May I go to the bathroom?'"

Although English came gradually for young Marisol, she has a flashbulb memory of when it clicked. "I remember that moment; we were walking down the hallway," she said. The voices around her had always sounded like gibberish, but suddenly they became clear. "I told my sister, 'I understand what they're saying!' That was a turning point to me — to be able to have a dialogue

with other kids, at least be able to understand."

Although she is now fluent in English, college papers are still written in Spanish, then translated to English and math is computed in Spanish. "I lost a lot of my Spanish growing up, [but] when I'm thinking, I'm thinking in Spanish."

By the time Marisol was in middle school, she not only began speaking English, but learned she could communicate by being active in sports. "It was a language I could use to communicate with people," she said, remembering the satisfaction of feeling part of the group. "Sports was a mutual language. There was no speaking, it was just playing." This love of sports continued through high school and college.

After high school graduation, Marisol attended Sul Ross State University in Alpine, Texas for two years. Life looked promising for the young woman, but an auto accident that killed one of her best friends changed everything.

Marisol said the memories of her friend were too vivid to allow her to stay in Alpine, so she did something unthinkable to her parents. Since the military had always captured her interest, she signed up for the Air Force, without telling anyone. "I came home after I had enlisted ...and told my mom and dad I had joined. My mom cried and my dad walked out of the room."

But love and pride in a child's accomplishments covers many things, and both of her parents relaxed after talking to the recruiter. She now says, "My dad's my biggest support-



Tech. Sgt. Marisol Lozada and Capt. Tracy Markle, both of 27th Medical Operations Squadrons, review responsible drinking curriculum at their Life Skills office. Sgt. Lozada volunteers for the cultural observance committee at Cannon because she believes the more diversity skills Airmen learn, the better they can work with and appreciate each other.

er."

This support from her family and her own ability to recognize opportunity, coupled with hard work, has earned her the title of Tech. Sgt. Marisol Lozada. As a drug and alcohol abuse counselor at Cannon, Sergeant Lozada has found her place. She will earn a bachelor's degree from Wayland in May in occupational education with a psychology emphasis. Future plans include earning a master's degree in social work and become an officer.

But the Air Force has not only allowed Sergeant Lozada to succeed in finding her niche, but also in finding a husband. Staff Sgt. Victor Lozada (currently with the 27 Logistics Readiness Squadron and (then) Sgt. Maldonado met in Germany, and later married in Florida. Although married for 14 months, they feel like newlyweds since they have been together only since June.

This woman with a mission also knows that any children they have will not only be bi-lingual, but will also be bi-cultural — understanding and appreciating both their

Mexican and Puerto Rican heritage. "That's definitely going to be a priority for me, for them to know both cultures," she said. "I think the more diversity we can bring into their lives, the better."

Diversity and career, education and travel opportunities are keystones of the United States and the Air Force for Sergeant Lozada. "I tell a lot of my friends. You don't know what y'all have here," Sergeant Lozada said. "A lot of my family that stayed in Mexico don't have half of what they have in the States. Education and employment opportunities are so hard—so hard to get ahead in Mexico."

Sergeant Lozada, said she sees how different her life would be had she not been privileged to be a woman in the United States. "Being a woman in Mexico and being a woman in the United States is very different. In Mexico there's still that misconception that the women belong at home," she said. "It's changing, women in Mexico are taking more of a career role, but it's still not like it is here. It's not where women are not on the same level as men,

and I think that's wrong."

That's one reason she appreciates the military so much: she said gender and race are not as big of issues as they could be other places. "The military is way ahead of the civilian sector. In the military you don't see color, you see the uniform. In the military you have the opportunity to truly get ahead because of who you are and not the color of the skin."

Diversity has its own, problems, though. Sergeant Lozada said she is sometimes unsure of exactly where she fits and occasionally asks, "Where did I come from, where do I belong?"

"They (family members living in Mexico) look at me like, you are not a Mexican anymore, you are Americanized. Then here, they tell you no, you are not really an American, you are a minority."

Despite any questions she now has, there is one thing that she is certain of: "I love being in the Air Force," she said. "I love being a woman in the Air Force."

And she knows she's right where she belongs. "It's been a great journey. One I wouldn't



PHOTOS BY DONALD SMITH

(Top): The hot dog stand in the Pentagon's center courtyard, which has long been a source of Cold War speculation, folklore and legend, will be torn down in the coming months. During the Cold War, the Soviets reportedly thought the hot dog stand led to a secret underground bunker. (Right): The wooden owl atop the current hot dog stand in the Pentagon's courtyard will be placed on the new building that will replace the current structure.



Pentagon center icon, Cold War legend, to be torn down

By Steven Donald Smith
American Forces Press Service

WASHINGTON – The hot dog stand in the Pentagon's center courtyard, which long has been a source of Cold War intrigue, will be torn down in the coming months and replaced with a new eating facility.

"Rumor has it that during the Cold War the Russians never had any less than two missiles aimed at this hot dog stand," said Brett Eaton, an information and communications officer for Washington Headquarters Services. "They thought this was the Pentagon's most top secret meeting room, and the entire Pentagon was a large fortress built around this hot dog stand."

Reportedly, by using satellite imagery, the Soviets could see groups of U.S. military officers entering and exiting the hot dog stand at about the

same time every day. They concluded that the stand was the entrance to an underground bunker.

"They (Soviets) thought the officers were going to get their top secret briefings in a protected area, but really they were just going to get lunch," Mr. Eaton said with a chuckle while standing in front of the building.

The legend surrounding the hot dog stand is even spun by official Pentagon tour guides during public tours of the building.

"It's rumored that a portion of their (Soviet) nuclear arsenal was directed at that building, the Pentagon hot dog stand," tour guides tell visitors as they pass the stand. "This is where the building earned the nickname Cafe Ground Zero, the deadliest hot dog stand in the world."

To Mr. Eaton's knowledge, this tale has never been officially substantiated by Russian officials.

The Pentagon was

declared a national historic landmark in 1992, and because the courtyard is one of the five historically protected features of the building, the hot dog stand must be replaced by a building of roughly the same size, and exactly the same shape as the Pentagon, Mr. Eaton said.

"In general, the design will kind of replicate what we have here right now, but it's going to be much more modern and a lot bigger. It will really give us an efficient food service delivery system for the Pentagon," said David Gabel, the renovation program manager for Pentagon renovation and construction.

The new building will cost about \$1.2 million to complete, he said.

In addition, the wooden owl atop the current hot dog stand to ward off birds must be preserved and placed on the new structure.

The new building will be the third permanent eatery

on the spot.

"This one was put up in the late 1980s," said Jeff Keppler, business manager for the Pentagon concession committee.

The current facility has not been used for a few years. Serving in its place was a sandwich and pizza seller who operated out of a trailer next to the building.

The new eating facility will have indoor seating for about 50 people and will offer catering services. It is tentatively scheduled to open next September.

"I'm really looking forward to the new building," Mr. Keppler said. "It's going to be great for the population of the Pentagon to have a year-round facility that will have indoor seating, restrooms, with breakfast and lunch available Monday through Friday."

The Soviet Union is a thing of the past, but the hot dog lives on in America

Brett Eaton

"Rumor has it that during the Cold War the Russians never had any less than two missiles aimed at this hot dog stand. They thought this was the Pentagon's most top secret meeting room, and the entire Pentagon was a large fortress built around this hot dog stand"

— Information and communications officer, Washington Headquarters Services



SERVICES

Cannon Stock

Get your taste buds ready

Chili cookoff, stagecoach rides highlight Cannon Stock '06

By Janet Taylor-Birkey
27th Fighter Wing Public Affairs

To enter other events, contact Leonard Marchman at 784-2170.

SEPT. 30 is bringing something the likes of which Cannon has never seen before.

The 1960s had Woodstock, but now the Services Squadron at Cannon is hosting Cannon Stock, 2006.

Held in the parking lot at the Landing, Cannon Stock is designed to entertain Airmen and their families with events for almost every age group. Cannon Stock is the culmination of a monthlong of events for the Services Membership Drive at Cannon.

Everything from a chili cookoff and stagecoach rides to a car show, Battle of the Bands and the Cannon Idol Karaoke contest will provide opportunities for families to participate in events or enjoy by watching what is going on.

Attendees are encouraged to purchase dinner at The Landing and enjoy game booths and hobby shows.

Individuals who wish to participate in the cookoff should contact chef Karl Smith at The Landing at 784-2804.

Schedule of events

Sept. 30

7 to 8 a.m. – Chili cookoff. Participants show up and prepare for public health inspection

9 a.m. – Chili cookoff starts

10 a.m. – DJs play a variety of music while attendees participate in games, outdoor inflatable games, and a collector and hobby show. Voting for best car starts.

11 a.m. – Barbecue sales begin at The Landing

11:30 a.m. – Stagecoach rides

Noon – Battle of the Bands begins

1:30 p.m. – Chili cookoff judging

3 p.m. – Game booth, hobby and collector's table close

3 to 7 p.m. – DJ and Battle of the Bands

7 p.m. – Cannon Idol Karaoke contest; outdoor inflatable games close down; Battle of the Bands winner announced

10 p.m. – Cannon Idol contest winner crowned; Party moves inside

3 a.m. – End of Cannon Stock '06



COURTESY PHOTO

Money Saver

Air Force club members can wash their vehicles free on Tuesdays at the Auto Skills shop at 317 N. Torch. To become a member, call 784-1516.



What's happening?



Today

Seafood Buffet – 11 a.m. at The Landing

Tween Lock-in – 9 p.m. at the Youth Center

DJ Night – 8 p.m. at The End Zone

Saturday

10K Fun Run – 7 a.m. at the Fitness Center

3-6-9 Pin Bowling – 6 p.m. to midnight at Cannon Lanes

Sunday

NFL Football – 10 a.m. at The End Zone

Dart League – 6:30 p.m. at The End Zone

Monday

Melba's Choice – 11 a.m. to 1 p.m. at The Landing

Football Frenzy – 6 p.m. at The End Zone

Tuesday

Senior Golf League – 9 a.m. at WWGC*

Home Style Buffet – 11 a.m. at The Landing

Pool Tournament – 4 to 6 p.m. at the Portales CC*

Wednesday

International Buffet – 11 a.m. at The Landing
Foosball Tournaments – 3 to 5 p.m. at The Portales CC

Family Fun Night – 5:30 p.m. at The Landing

Kids Craft – 5 p.m. at the Clovis CC

Thursday

Roast Beef Buffet – 11 a.m. at The Landing

Free Billiards – 6 to 9 p.m. at The End Zone

* CC — Community Center WWGC — Whispering Winds Golf Course CDC — Child Development Center



THE LIGHTER SIDE

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ANSWERS TO SEPT. 15 PUZZLE





SPORTS AND FITNESS



COURTESY PHOTO

Top Golfer

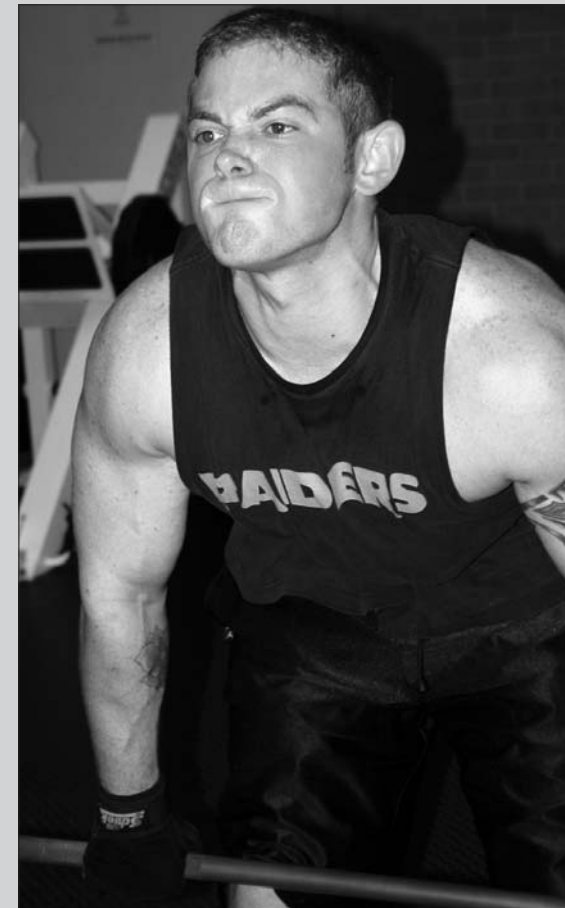
Tech. Sgt. Brian Hollandsworth, 27th Maintenance Group, displays bragging rights as the Whispering Winds Golf Course champion by winning the last major golf tournament of the season Saturday and Sunday.



PHOTOS BY GREG ALLEN

Saturday workout

Senior Airman Matthew Egler, 523rd Fighter Squadron, adds more weight (top) for the squat and completes a deadlift Saturday at the Fitness Center. Airman Egler lifted a total of 835 pounds in the bench press, squat and dead lift to defeat Airman 1st Class Chase Moon, 27th Component Maintenance Squadron. The two were the only entrants in the Strong Man



Airmen, Soldier take top Air Force marathon races



PHOTO BY SPENCER LANE

Lt. Col. Mark Cucuzella crosses the finish line in the time of 2:31:47 to take first place in the men's division of the 2006 Air Force Marathon at Wright-Patterson Air Base, Saturday.

Courtesy of Air Force Print News

SAN ANTONIO – An Air Force doctor and an Army helicopter crew chief won the top spots in the 10th Annual Air Force Marathon at Wright-Patterson Air Force Base, Ohio, on Saturday.

The Air Force Running Team's Mark Cucuzella crossed the finish line in 2:31:47 to win his first full marathon men's division title. Michelle Elliott won the women's division title with a time of 3:17:48.

"This is what I do for fun on my lunch hour" to keep healthy and fit, the men's winner said. The winner, a lieutenant colonel with the 89th Medical Group at Andrews Air Force Base, Md., said he tries to get his patients to run.

"This year, we have a pretty good team," the colonel said. The team will compete in the Marine Corps Marathon in Washington,

D.C., in late October.

The women's winner said, "I was shocked that I was the first female finisher." A sergeant, she works on Apache helicopter at Whiteman Air Force Base, Mo. She took up distance running 10 years ago, when her husband passed away.

"It kind of takes me to a different place," she said. On this race day, it took her to first place.

Additionally, participants set new wheelchair and half-marathon records.

Forty-five year old Glen Ashlock broke the old wheelchair record by more than 12 minutes, finishing and 1:47:06. Monica Szymanski won the women's division in 3:08:16.

Derrick Butler won the half marathon in 1:09:03 and Caitlin Reese won the women's division in 1:22:20.

Coming in first in the relay division was the National Guard Stars with a

time of 2:35:21. Special relay participants included four Wright-Patterson 88th Air Base Wing security forces Airmen, who crossed the finish line with two of their working dogs.

Finishing up the events in the 5k race was Eric Petersen, winner of the men's division in 17:13 minutes. Female winner Gabrielle Beal finished at 21:37.

This year's event was the largest held since the event's inception in 1997. Seventy-one racers received "10-year runner" honors.

And there was even one unexpected event at the finish line.

When Marine Isaac Pacheco crossed the finish line with his girlfriend, he got down on one knee and asked her to marry him. She said yes – as spectators cheered, event organizers said.



SPORTS SHORTS

Turn in slip to the Public Affairs office by 4:30 p.m. today. The office is located at Bldg. 600, Ste. 1099

The participant who picks the most winners will win a free large one-topping pizza from the End Zone. The name will be announced next week.

Sunday

Carolina at Tamp Bay
Chicago at Minnesota
Cincinnati at Pittsburgh
Green Bay at Detroit
Jacksonville at Indianapolis
N.Y Jets at Buffalo
Tennessee at Miami
Washington at Houston
Baltimore at Cleveland
N.Y. Giants at Seattle
Philadelphia at San Francisco
St. Louis at Arizona
Denver at New England
Kansas City at Denver
Washington at Dallas

Monday

Atlanta at New York

Total Monday points (tie breaker)



Football Genie

Name/unit/phone_____

Cannon Lanes

Moonlight and Music — 6 to midnight, Saturday. Bowling will cost \$1.75. Bowl late into the night with lively music all around.

3-6-9 Pin Bowling — 6 p.m. Sept. 23. Bowling will cost \$1.75. Bowl late into the night with lively music all around.

Cosmic Bowling — 9 p.m. to midnight Sept. 23. Bowling will cost \$2.50. Bowl late into the night with the black lights on.

Whispering Winds Golf Course

Evening Scrambles — Two-person teams where players may select their partners will compete in a nine-hole scramble Monday. Handicaps will be used. Sign up by 3 p.m.

Senior Days — Senior golfers 50 years and older receive \$2 off daily green fees and 50 percent off electric carts Monday and Tuesday.

Retiree Wednesdays — Golfers with a retired military ID card receive \$2 off daily green fees and 50 percent off electric carts on Wednesdays.

Member First discounts — 10 percent discount off annual, quar-

terly and monthly greens fees. Half off club rentals. \$2 off cart rental for 18 holes.

Fitness center

Fitness center runs dry on towels — Towels will no longer be provided by the fitness center due to budget cuts on Oct. 1.

10K Fun Run — Sign up at the fitness center for a 7 a.m. fun run on Saturday. Everyone is invited to attend this event.

Outdoor Recreation

End Zone

Football Frenzy — Football Frenzy kicks off at 10 a.m. every Sunday. Don't forget to stop back by for Monday Night Football every Monday at 5 p.m.

Every Monday, use a West Wing Pass to receive 50 percent off hot wings, pizza and drinks for the first half of the game. One drink per pass per order. Must be 18 or older. One card per person.